SECOND TIME'S A CHARM?

SHE JUST NABBED A PEOPLE'S CHOICE AWARD; AND AFTER SCORING A SECOND NOD FROM THE ACADEMY, IS AN OSCAR NEXT FOR JENNIFER LAWRENCE? METRO LOOKS AT THIS YEAR'S NOMS PAGE 9

REGIONA metro®

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Missing, pregnant teen found safe

RCMP spokesperson Sgt. Paul Dawson addresses the media Thursday after an Amber Alert was issued for a pregnant teen from Maple Creek, who was allegedly abducted. The alert was cancelled Thursday evening after the girl turned up at an RCMP detachment with her boyfriend, who was taken into custody. ALYSSA MCDONALD/METRO

Amber Alert axed.

Boyfriend in custody after girl was reported abducted by family

A pregnant teenager who was the subject of an Amber Alert was declared safe after she and her boyfriend were brought to police Thursday evening.

"At 7:20 p.m., family members of the 16-year-old (male) brought both teens to the Swift Current rural RCMP detachment," said Sgt. Paul Dawson.

"Both the 16-year-old and 14-year-old are safe at the RCMP detachment and did not require medical attention."

Dawson said the boy was in custody but no charges had immediately been laid, while the 14-year-old girl — who is eight-months pregnant — was being kept with officers.

"Only when investigators had spoken to the 14-year-old in person were they able to determine that she was no longer at risk," Dawson told a news conference. "Once that was established, the Amber Alert was cancelled."

Mounties said the alert was originally issued because of allegations the girl had been forcibly taken from her family's home in Maple Creek on Wednesday night.

But the boy's mother says it was all a misunderstanding.

The Youth Criminal Justice Act bans identification of a youth suspect.

The girl's identity is also protected under the act unless parents give consent to her being named.

The alert was issued after the girl's family reported a pair of intruders wearing ski masks had burst into their home, demanding the girl pack some clothes and leave with them.

They told police that one of the culprits, who was wielding a small wooden bat, walked through the home and found the girl in a room. "Get your stuff. Make it quick," he told her.

Family said he then pushed the girl out the door, but he didn't threaten anyone. The other intruder was also holding some sort of weapon but left without saying a word.

An older sister called police. She said she recognized the voice of the intruder as her sister's boyfriend.

The boy's family, however, said the whole thing was a misunderstanding. They said their son loved the girl and never intended to harm her.

The girl's mother said her daughter had been in a relationship with the boy for about a year. The girl got pregnant when she was 13.

She had recently been persuaded by her mother to break up with her boyfriend.

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Crime

Accused in Regina's first homicide of 2013 appears in court

The accused in Regina's first homicide of 2013 had a brief appearance in court Thursday. Dale Murray Stonechild, 58, was charged with second-degree murder in the death of Victor Richard McNab, 81, on Wednesday.

This was Stonechild's first appearance in court on the charge. He will be reappearing on Jan. 25 at 2 p.m.

Police were called to the 1400 block of Rae Street at 5:51 a.m. on Wednesday for a report of a deceased male. A subsequent investigation into the death lead to the arrest of Stonechild later in the day. METRO

Crime

Sask.'s ICE unit makes child pornography arrest

On Tuesday, the Saskatchewan Internet Child Exploitation Unit (ICE) executed a search warrant at a Regina home located in the Rochdale Park area. Eric Trent Jordan, 35, was arrested and charged with possession of child pornography. Jordan will make his first court appearance in provincial court at 9:30 a.m. on Feb. 5.

The Saskatchewan ICE Unit is comprised of investigators from the RCMP, the Regina Police Service, the Saskatoon Police Service and the Prince Albert Police Service. Their mandate is to investigate crimes involving the abuse and exploitation of children on the Internet. METRO

Collision

Vehicle driven by 75-year-old woman crashes into hospital

Police responded to a vehicle collision on Thursday around 7:10 a.m. at the 14th Avenue entrance of the Regina General Hospital. The vehicle, driven by a 75-year-old female, struck the building in what is described as a low-speed collision.

In the collision an office window was broken; there were no injuries.

The driver was charged under the Traffic Safety Act with driving without due care and attention. METRO

A trio of dancers from Toronto performing No Exit at the MacKenzie Art Gallery on Thursday. They are on stage again Friday and Saturday night as a part of MAGDANCE 2. ALYSSA MCDONALD/METRO

Art forms merge at local gallery

MacKenzie Gallery. MAGDANCE 2 features the New Dance Horizons troupe in 'interplay' with the exhibitions in the room

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

A Regina art gallery is mixing different art mediums, with live dancers taking the stage next to still visual exhibitions.

The MacKenzie Art Gallery's MAGDANCE 2 is a collaboration with New Dance Horizons (NDH) to bring the two forms of art together.

"All the works in the room do interplay with the dance," said NDH artistic director Robin Poitra, who will dance at the official opening on Jan. 18.

MAGDANCE 2, which ran once before in 2011, will feature NDH's entire season on a portable sprung dance floor surrounded by an art exhibit from the U of R and First Nations University called The Synthetic Age.

"It's not only some of the most interesting contemporary dance going on in Canada right now, but the audience will get to see it in the context of visual art, which sets the stage, so to speak," said Timothy Long, head curator at the MacKenzie Art Gallery.

MAGDANCE 2 had its first show Thursday afternoon and the nine-part series of 26 different shows continues into April, many of which include local dancers and choreographers.

Quoted

"It's not only some of the most interesting contemporary dance going on in Canada right now but the audience will get to see it in the context of visual art."

Timothy Long, head curator at the MacKenzie Art Gallery

Minister of State (Transport) Steven Fletcher at the Regina International Airport on Thursday. JEFF MACKEY/METRO

Shorter wait times. Regina airport slated to get NEXUS line

Saskatchewanians with NEXUS cards will have a shorter wait time at the Regina airport in the future.

On Thursday, Minister of State (Transport) Steven Fletcher was at the airport to announce that a new NEXUS line will be opened for NEXUS cardholders. This line will give access to a dedicated entrance to the pre-boarding screening line and expedite travel times for some.

The Regina Airport joins 13 other airports in Canada with NEXUS. METRO

Summit splits chiefs

Landmark meeting. Shawn Atleo admits a weakened mandate on eve of date with PM

New roadblocks threatened late last night to torpedo a critical meeting Friday between aboriginal leaders and Prime Minister Stephen Harper.

The head of Canada's largest aboriginal group acknowledged he'll be forced to go into the meeting — if it takes place at all — with a divided membership and weakened mandate.

Shawn Atleo, national chief of the Assembly of First Nations, says he has made mistakes.

But at a news conference Thursday night he pleaded with fellow chiefs to put aside their divisions or those splits will be exploited by governments across the country.

Atleo was holding late-night meetings with the chiefs who elected him last July ahead of the summit with Harper and two of his cabinet ministers.

Those meetings were aimed at quelling growing protests and blockades organized by the Idle No More movement that has found inspiration in Theresa Spence.

Spence, chief of Ontario's Attawapiskat reserve, has been on a liquid-only diet for four weeks to draw attention to the plight of First Nations across the country.

The refusal of top chiefs to take part in Friday's meeting could undermine any agreement reached.

THE CANADIAN PRESS

Spence started it

It was a month-long protest by Attawapiskat chief Theresa Spence — who is eating only fish broth — that triggered the idea of a meeting between aboriginal leaders and Prime Minister Stephen Harper.

- **Problem?** Manitoba and Ontario chiefs have threatened not to attend unless Gov. Gen. David Johnston is there. He has now agreed to a request from Harper to host a ceremonial meeting with First Nations leaders at Rideau Hall.

Shawn Atleo, national chief of the Assembly of First Nations, speaks at a news conference Thursday. "Governments need to understand that our resolve is absolute," he said earlier in the day. ADRIAN WYLD/THE CANADIAN PRESS

Hudson Bay fears

Trapped orcas safe now — or are they?

A Quebec town is cautiously celebrating after a dozen killer whales trapped by sea ice appear to have reached safety amid the shifting floes of Hudson Bay.

Locals in Inukjuak say two hunters reported Thursday that the waters had opened up around a single breathing hole in the ice where the orcas had frantically bobbed for air.

A killer whale surfaces through a small hole in the ice this week. THE CANADIAN PRESS

But fears remained that water currents and ever-moving ice in the massive bay may have boxed the animals in somewhere else.

THE CANADIAN PRESS

Team whips up a furor ... over whipped cream

Rookies were asked to eat whipped cream, hot peppers and sardines at a party that later lead to the suspension of the bulk of the Dalhousie Tigers women's hockey team, the players say.

A statement released by the Dalhousie University team Thursday describes a private house party in September and condemns the university's punishment of the alleged hazing as an "overreaction."

"No one was forced to do anything," the statement says, adding senior members of the team were looking out for the safety of the five first-year players.

"(The rookie players) then returned to dress up in odd clothing, play drinking games and answer questions with the intention of getting to know everyone better."

The statement says the players feel they have been "wronged" and "betrayed" by the school.

University spokesperson Charles Crosby says the team's recounting of events is "extremely selective."

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Still overcoming trauma at sea

Costa Concordia. Survivor gets a harsh lesson: You can't just love the sea, you must fear and respect it

JESSICA SMITH
Metro in Toronto

Peter Grajda has always been a ship enthusiast. That's why, only four months after he survived the Costa Concordia disaster in Italy on Jan. 13, 2012, he set sail again.

"It wasn't a good experience," the Toronto resident said of his spring voyage. "It was an eight-night cruise, and I slept only two nights — and then only because we had reached Bermuda. The ship was there overnight and I knew the ship was not in the sea."

Grajda had always loved cruising. He used to feel safe in a large boat and felt comforted by the life-jackets, the lifeboats and the feeling that nothing could ever really go wrong.

That changed. "Each sound, each movement — like if the ship would move a little bit, or some noise — and right away I was alarmed that something might go wrong," he said.

When the Costa Concordia capsized, Grajda was in his cabin, having boarded the ship earlier that day.

"We were leaving the city of Civitavecchia, and everybody was very excited.... Just three and a half hours later, everybody was running for their lives.... It was chaos and it was terrible," he said.

Grajda talked the experience over with a friend who is a seasoned sea captain.

"He told me about the fear, that everyone who is related to the sea has to experience some fear. As long as he's aware of the power and the force of the sea and how damaging it can be — from that comes the respect of the sea," Grajda said. "It's very hard ... but you have to learn to live with this fear somehow."

That's why Grajda tried again. In November, he went on another cruise. It went better. He's learning to live with his fear, respect the sea as a force of nature and embrace his passion for cruises.

"With time it's healing, this trauma. But slowly," he said.

One thing that hasn't changed since the days that followed the disaster is his disdain for the Concordia's captain, Francesco Schettino.

"For me, being a captain or being an officer on the ship is an honourable thing to be — the uniform, the tradition of the sea — but the behaviour of the captain, well at first I couldn't believe it," Grajda said. "Somebody like him, the captain of a big ship, can behave like this, can use such childish excuses."

Schettino, who is facing many charges, including manslaughter and abandoning ship, told an investigating judge he left the sinking ship because he had accidentally fallen into the lifeboat that took him to safety and couldn't get out.

"Thirty-two souls gone. A half-billion-dollar ship destroyed," Grajda said. "This man, I think he has a serial kind of ego problem, a psychological problem, because it's unbelievable."

Sudden horror

"It was beautiful weather, the beginning of a voyage.... Just three and a half hours later, everybody was running for their lives to find space in the lifeboats."
Peter Grajda, survivor

Peter Grajda took this shot as the Costa Concordia went down. He said three lifeboats got stuck while being lowered, and passengers were forced to jump back to the sinking ship. They were the last free boats. PETER GRAJDA/CONTRIBUTED

Pakistan. Series of blasts claim a total of 115 lives, hundreds more wounded

A series of bombings in different parts of Pakistan killed 115 people on Thursday, including 81 who died in a sectarian attack on a billiard hall in the city of Quetta, officials said.

The blasts punctuated one of the deadliest days in recent years in Pakistan, where the government faces a bloody insurgency by Taliban in the northwest and Baluch militants in the southwest.

A U.S. missile strike Thursday also killed five suspected militants in the seventh such attack in two weeks, Pakistani intelligence officials said.

The billiard hall in Quetta, the capital of Baluchistan province, was hit by twin blasts about five minutes apart on Thursday night, killing dozens and wounding more than 120 others, said senior police officer Zubair Mehmood.

The hall was located in an area dominated by Shiite Muslims, and most of the dead and wounded were from the minority sect, said another officer, Mohammed Murtaza. Many who rushed to the scene after the first blast were hit by the second, which caused the building's roof to collapse, he said.

Police officers, journalists and rescue workers were also among the dead, police said.

The sectarian militant group Lashkar-e-Jhangvi claimed responsibility for the attack on local journalists. One of the group's spokesmen, Bakar Saddiq, said the first blast was carried out by a suicide bomber and the second was a bomb planted in a car and detonated by remote control.

THE ASSOCIATED PRESS

Other attacks

- **Elsewhere in Quetta.** A bomb targeting soldiers in a commercial area killed 12 and wounded dozens, said senior officer Shakeel. The separatist United Baluch Army claimed responsibility.
- **City of Mingora.** A bomb in a crowded Sunni mosque in the northwest city of Mingora killed 22 people and wounded more than 70, said senior officer Akhtar Hayyat.

Indian rape case. Lawyer accuses police of framing and beating the accused

Police badly beat the five suspects arrested in the gang rape and killing of a young woman in New Delhi, the lawyer for one of the men claimed Thursday, accusing Indian authorities of tampering with evidence.

"They are innocent," Manohar Lal Sharma stated ahead of a court hearing, which ended quickly due to illegible documents. He said police have even placed other prisoners with knives into the suspects' cells.

Sharma, who has made a series of inflammatory and contradictory statements over the past two days, at one point Thursday said the dead woman's male companion, who was with her during the attack, was "responsible for the whole thing." He gave no details, though, and a few hours later said the man's responsibility "was only my opinion."

He asserted the men had been picked up because authorities needed to make arrests to pacify the public, and the suspects all come from poor or working-class families. India is notorious for allowing wealthy defendants to go free or delaying their trials for years.

THE ASSOCIATED PRESS

Manohar Lal Sharma, lawyer for one of the accused, speaks Thursday outside the court complex where they are to be tried. SAURABH DAS/THE ASSOCIATED PRESS

Ireland

Abortion rights gaining ground

Most Irish want lawmakers to give women wider access to abortion, a poll revealed Thursday as senior clerics testified before a committee investigating Ireland's ban.

The ruling government has pledged to legalize abortion for women whose lives are deemed in danger. The issue gained renewed momentum in November after a woman died in an Irish hospital from blood poisoning.

THE ASSOCIATED PRESS

Georgia

Man gets jail time for cuffing crush

A U.S. man who handcuffed himself to a female co-worker to try to get a date has been sentenced to four years in prison.

The Rome News-Tribune in Georgia reports that 25-year-old Jason Earl Dean handcuffed himself to the 18-year-old in August 2011. They worked together at a Taco Bell fast-food restaurant.

THE ASSOCIATED PRESS

California

Weed-guarding 'gator' dies at zoo

Zoo officials say a 1.5-metre alligator-like reptile named "Mr. Teeth," which had apparently been protecting a stash of marijuana in a northern California home, has died.

Oakland Zoo officials said Thursday that the caiman died Wednesday, a day after it was seized by Alameda County sheriffs during a probation check at a home in Castro Valley.

TORSTAR NEWS SERVICE/
THE ASSOCIATED PRESS

Washington

Free tickets to see prez on sale for $2K

Tickets to U.S. President Barack Obama's inauguration this month are supposed to be free but are being sold on eBay and Craigslist for up to $2,000.

"These tix are going like hot cakes and for FAR more than I am listing them for on here," boasted one anonymous seller in a post Wednesday on Craigslist.

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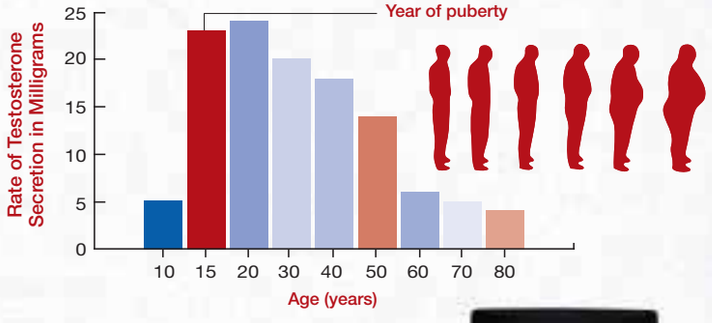

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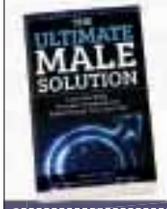

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Samsung shows smartphone with bendable screen

Gadget show. Phone has matchbox-sized hard enclosure with a paper-thin, flexible colour screen attached

Eric Rudder, chief technical strategy officer of Microsoft, holds a prototype Windows smartphone with a flexible OLED display at the International Consumer Electronics Show in Las Vegas, Wednesday.
JAE C. HONG/THE ASSOCIATED PRESS

By showing off a phone with a flexible screen, Samsung Electronics Co. is hinting at a day when we might fold up our large phone or tablet screens as if they were maps.

The Korean electronics company provided a glimpse of such a device at a keynote speech Wednesday at the International CES gadget show in Las Vegas.

The phone's screen doesn't appear flexible enough to fold in half like a piece of paper, but it could bend into a tube.

The company also showed a video of a future concept, with a phone-sized device that opens up like a book, revealing a tablet-sized screen inside.

The screen uses organic light-emitting diodes, or OLEDs. Only a thin layer of these chemicals is needed to produce a bright, colourful screen. They're used in many Samsung phones already, though with glass screens. For the bendable phone, Samsung laid the chemicals over thin plastic instead of glass. That's a trick you can't pull off with liquid crystals in standard displays.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.57 cents US, up 0.32 of a cent

TSX 12,599.74, up 77.50

OIL $93.82 US, up 72 cents

GOLD $1,678 US, up $22.50

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BIG ON SLASHER, RAPT ON KNUCKLE

THE LIST
Neil Morton
metronews.ca

1 Texas Chainsaw 3D. The latest version of this cult classic stunned studio execs by finishing No. 1 at the box office, nudging out Quentin Tarantino's Oscar-nominated western Django Unchained and The Hobbit: An Unexpected Journey. Chainsaw doesn't signal the end of pop culture but rather the beginning of more campy, crappy horror flicks.

2 Leafs fan in space. Astronaut Chris Hadfield was smacked down after tweeting a picture of himself holding a Toronto Maple Leafs plaque from the International Space Station. I mean, what planet is Hadfield on cheering for them? And speaking of which, what planet are the Leafs on firing their GM Brian Burke a week before the season starts?

3 iHeartRadio. The free digital radio service has a new iPhone update allowing users to create custom stations based on their moods and activities, with genres such as Skinny Jeans: Boys with Guitars. Now iHeartRadio will know right away if this boy is in a Motorhead or Air Supply mood.

4 Outhouse reward. A man got national attention after posting an ad on Kijiji offering a $500 reward after thieves took a large, brand new outhouse he had just constructed on his farm near Edmonton. If I were this guy, I'd raise a stink, too.

5 Models. The Canadian fashion industry was thrown for a loop this week when Ford Models made the shocking decision to pull out of Canada, saying it's closing its T.O. offices by the end of the month. This explains why forlorn models were seen walking the streets with catwalks tucked under their arms.

6 @kobebryant. His Laker team is having a miserable season, but at least Kobe Bryant now has Twitter to fall back on. "The antisocial has become social," tweeted @kobebryant to get the ball rolling. Kobe already has more than 700,000 followers, but he has a ways to go to catch NBA Twitter king LeBron James, who has more than 6.9 million followers.

7 The Bachelor. This show about fame — and oh yeah, love — kicked off its 17th season this week on ABC. Among the suitors for Sean Lowe was the drunk, creepy 50 Shades of Grey-obsessed Ashley P., who wanted to tie him up. Shockingly, she will not be getting a proposal. She was totally elimidated.

8 Kate's 31st. This is the year of Kate ... again. 2011 was her Royal Wedding, 2012 was her pregnancy announcement, and this year Royal Watchers will be waiting to see if it's a boy or girl, and the chosen name. For now, it's her 31st birthday week (Jan. 9). Last year, she got a puppy from Will. I recommend a Bugaboo baby stroller this year.

9 Bowie. The world showed some modern love for David Bowie this week when, under (no) pressure, he released a new single Where Are We Now? on his 66th birthday — and announced his first album in 10 years, The Next Day, will be coming out in March. Let's Dance to that.

10 Oprah. Lance Armstrong talks to Oprah next week in his first no-holds-barred interview since the doping scandal. Might it be he admits his guilt? The interview airs Jan. 17 on Oprah's Next Chapter and will be streamed live worldwide on Oprah.com. Must watch TV drama on your stationary bike.

11 R.A. Dickey. Toronto got to meet their new ace/knuckleballer this week, and fell in love. Dickey is perhaps the most articulate, intelligent athlete to come to town ever. Not to mention he has the best Twitter bio ever: "Father, Husband, Christian, Pitcher, Author, Adventurer, Star Wars Nerd, Reader, Ninja in Training & Cyclist."

He's really got a hold on Toronto: R.A. Dickey shows his knuckleball grip on Tuesday. GETTY IMAGES

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Blimp my air-cargo ride

WORLDWIDE AEROS

Future of air travel

Revolutionary airship revealed

Is it a bird? Is it a plane? No, it's a "super-blimp"! The 79-metre Aeroscraft has been hailed as a revolutionary airship that aims to provide a new way of moving heavy and oversized cargo, especially to areas with limited or no infrastructure. California-based Aeros had recently completed construction of the airship prototype.

METRO WORLD NEWS

Airship features

- **Payload.** The craft is pegged to carry cargo of up to 66 tons — equivalent to the weight of about a dozen elephants.
- **Investment.** NASA and the U.S. Pentagon invested $35 million in the project.
- **Future demos.** Aeros is contractually obligated to show its airship's abilities, including vertical takeoff. It hopes to roll out its first flights in three years' time.

Technological innovation

Makers buoyed by breakthrough

In the past, airships have had buoyancy problems because they needed to be weighed down or tied to the ground to keep them from being carried away by the wind while cargo is unloaded. Aeros claims its Aeroscraft is "the world's first rigid variable buoyancy air vehicle," with an ability to compress and release helium in its balloon to retain buoyancy for unloading.

METRO WORLD NEWS

Ship on a mission: Its makers believe Aeroscraft's rigid structure and landing capabilities could also see its airship used for humanitarian and military operations. WORLDWIDE AEROS

Engineer's viewpoint

"This is truly the beginning of a vertical global transportation solution for perhaps the next 100 years."
Aeros CEO and chief engineer Igor Pasternak

Metropolitan Panel

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What are you hoping NASA's Mars rover finds on the Red Planet?

Twitter

@AsheAttridge: It looks like both storms are going to collide in Regina?! #skstorm

@kjbriere: My colleagues have booted me out of my office to hit the highway early. #blizzardwarning #skstorm

@Jujube_jj: You walk by your best friend in the winter because he/she is so bundled up that he/she is unrecognizable #canadianproblems

@lloyd800: And here comes the white stuff. North end of #yqr @JC_Garden starting to snow fairly heavily.

@TdotRegina: We need another 6 inches of snow. (Things people from Regina never say) #yqr. #skstorm

@dirty_al: Anyone in #yqr hear anything about a new gym going up on Scarth St?

metro

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Zero Dark Thirty is getting early positive reviews with its heart-pumping-action-filled narrative. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Find them and kill them

Morality tale. The Reel Guys agree that Zero Dark Thirty is a well-made film but differ when it comes to who enjoyed it

Richard: Mark, this isn't a who dunnit, or why dunnit, but a how dunnit. It's a detailed look at the step-by-step process that resulted in locating and exterminating bin Laden. The story begins before President Obama's famous, "We don't torture," speech, so it presents the uncomfortable, controversial truth that pitiless persuasion like sleep deprivation, boxing and waterboarding — so simple, yet so brutally, terrifyingly effective — was used to gain information. The torture scenes have been very much in the news, what did you think of them?

Mark: Revenge — I mean justice — isn't always pretty. But it does show that you can negotiate with terrorists. The torture scenes set up the moral queasiness that runs through the whole movie.

As the C.I.A. honcho says, "Get me some names so I can kill them!"

And no one is safe in the final raid on the bin Laden compound, not even the innocent. Did I like the picture? I can only muster two cheers here. It's authentic and gritty, but much of it is a plodding procedural with only intermittent action. Richard, I think we'll agree it's a good movie, but did you enjoy watching it?

RC: I did. I thought it was a nuanced, suspenseful and terrifically exciting look at recent history. We know how the movie is going to end, so the trick is to keep us engaged through to the climax, which, for me, the movie does. Having said that, there is frequent overwriting — like the inevitable "then I'm gonna kill bin Laden" moment — which seems too easy for a movie this clever, but, for me, Kathryn Bigelow's virtuosic handling of the climatic raid scene overpowers the film's weaker moments.

MB: This is an anti-heroic view of the events, which took a lot of guts on the filmmakers' parts. There's certainly no one to "root for," especially after the torture scenes. Jessica Chastain's character is devoid of any personal life; she is her job. So is everyone else. The military has never looked so unappealing. It's a grim and ugly job, and there's a lot of truth in that point of view, but I found myself resisting the movie in many places. A lot of critics think this is the best film of the year. Richard?

RC: I'd agree with that. It is grim, but so is the story it chooses to tell. It's also heart-thumpingly exciting and well made.

MB: Well-made indeed. But in the end, I respected it more than enjoyed it.

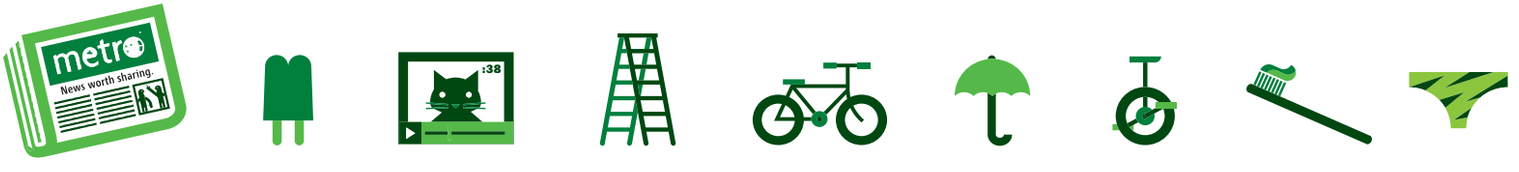
Synopsis

The film begins on 9/11 with audio of calls coming from the Twin Towers. Stage set, the movie leaps forward two years to the brutal waterboarding and torture of an Osama bin Laden relative by Dan (Jason Clarke), a C.I.A. expert in extracting information. Overseeing the enhanced interrogation techniques is Maya (Jessica Chastain), a newly recruited officer charged with helping to track down terrorist leader bin Laden and dismantle al-Qaeda. This is her story, a carefully plotted espionage tale that flows from the clues that lead to the death of bin Laden at the hands of the Navy S.E.A.L. Team 6 in May, 2011.

Star ratings:

- Richard: ●●●●○
- Mark: ●●●●○

Sharability



Drama/Crime

Gangster Squad

Director. Ruben Fleischer

Stars. Sean Penn, Ryan Gosling, Emma Stone

This movie will suffer from comparisons to The Untouchables and LA Confidential. It grabs the atmosphere of post war L.A. from the latter and the storyline — about an undercover team of police led by Sgt. O'Mara (Josh Brolin) who bring ruthless mobster Mickey Cohen to justice — almost beat for beat, from the former. But this is a far more blunt object than either of its forbearers. It's a period piece that spends a bit too much time exploring the down-and-dirty side of the story, but is a stylish look at a fascinating time.

RICHARD CROUSE

For the love of all that is Lincoln

Academy Award nominations. Steven Spielberg's epic historical film tops the list with the most nods at 12, while Zero Dark Thirty gets only five

NED EHRBAR
Metro World News in Hollywood

Daniel Day-Lewis got some love from the Academy with a best actor nom for Lincoln. HANDOUT

It looks like it's Spielberg's race to lose at this year's Academy Awards, as his Lincoln pulled in 12 nominations — the most of any film nominated this year — including best adapted screenplay, best actor, best supporting actress, best director and best picture. If Oscar history is any indication, odds are the best director and best picture winners will align, so despite nine films being nominated this year, the real race is between Amour, Beasts of the Southern Wild, Life of Pi, Lincoln and Silver Linings Playbook, and our money is on Spielberg's historical drama.

"I don't know why we don't wait until noon to do this," host Seth MacFarlane joked before inviting actress Emma Stone to join him to announce the nominees. "The only people up right now are either flying or having surgery."

The nominations of course signal shifting into the most intense section of awards season, something not all the nominees are necessarily thrilled about. "It's obviously exciting, it's like getting a promotion at work," best supporting actress nominee Jennifer Lawrence told Metro on the eve of the Oscar nominations, adding that her parents were staying with her and planned to have her up at 4:30 a.m. "I just get anxiety over parties, and that's what that means, essentially, to me, (being) surrounded by lots of people, and it just gives me anxiety just to think about it."

Biggest winners

Lincoln is the clear winner nomination-wise, with Ang Lee's Life of Pi close behind at 11 nods, while Beasts of the Southern Wild, which nabbed four high-profile nominations, and Amour, with five, had their profiles raised considerably. And the Academy's love for David O. Russell is clear. Much like with his last film, the Fighter, his Silver Linings Playbook earned spots for best picture, best director, best adapted screenplay and every single acting category.

Biggest losers

Kathryn Bigelow's presumed Oscar juggernaut Zero Dark Thirty earned only five nods, including best original screenplay and best picture. Mark Boal and Jessica Chastain are still frontrunners for writing and acting, but that's about it. And a lack of surprises in the best supporting actor category means our hopes of Javier Bardem being the first Bond villain nominated for an Oscar (for Skyfall) have been dashed. Leonardo DiCaprio was also snubbed, with his Django Unchained co-star Christoph Waltz edging him out. In the best foreign language race, the exclusion of French mega-hit the Intouchables means it's Michael Haneke's race to lose.

Argo is in the running for a best motion picture statuette. HANDOUT

Exclusively online

For a list of Oscar nominations, visit metronews.ca.

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN.11 TO THURS., JAN. 17. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

Cirque du Soleil: Worlds Away 3D (G) Fri 7:10-9:35 Sat-Sun 1:20-4:15-7:10-9:35 Mon-Thu 6-8:45
Flight (14A) Fri-Sun 9 Mon-Thu 8:30
The Guilt Trip (PG) Fri 7:15-9:50 Sat-Sun 1:30-4-7:15-9:50 Mon-Thu 5:45-8
The Hobbit: An Unexpected Journey (14A) Fri 6:30-10:15 Sat-Sun 2:45-6:30-10:15 Mon-Thu 7:30
Lincoln (PG) Fri 6:40-10 Sat-Sun 3:25-6:40-10 Mon-Thu 5:05-8:20
Les Misérables (PG) Fri 8:30 Sat-Sun 1:10-4:50-8:30 Mon-Thu 7
Parental Guidance (G) Fri 7-9:30 Sat-Sun 1:45-4:30-7-9:30 Mon-Thu 5:20-7:50 Star & Strollers Screening Wed 1
Rise of the Guardians (G) Fri 6:25 Sat-Sun 1:40-4:05-6:25 Mon-Thu 6:10
Silver Linings Playbook (14A) Fri 6:45-9:45 Sat-Sun 1-3:50-6:45-9:45 Mon-Thu 5:40-8:40 Star & Strollers Screening Wed 1
Skyfall (PG) Fri 6:55-10:05 Sat-Sun 12:40-3:45-6:55-10:05 Mon-Thu 5:10-8:25
The Twilight Saga: Breaking Dawn Part 2 (14A) Fri 7:30-10:10 Sat-Sun 1:50-4:45-7:30-10:10 Mon-Thu 5:30-8:10
Wreck-It Ralph (G) Sat-Sun 12:50

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098

Django Unchained (14A) Fri 3:20-7-10:40 Sat-Sun 11:40-3:20-7-10:40 Mon-Thu 8:30
Flushed Away (G) Sat 11
Gangster Squad (14A) No Passes Fri 4:50-7:40-10:25 No Passes Sat-Sun 11:30-2:10-4:50-7:40-10:25 No Passes Mon-Thu 7:15-9:55
The Hobbit: An Unexpected Journey 3D (14A) Fri 3:15-6:50-10:30 Sat-Sun

Matt Damon co-wrote and stars in Promised Land. HANDOUT

3-6:50-10:30 Mon-Thu 8 Sat-Sun 12
Jack Reacher (PG) Fri 4:45-7:50-10:45 Sat 1:50-4:45-7:50-10:45 Sun 4:50-7:50-10:45 Mon-Thu 7:05-10:10
Life of Pi 3D (G) Fri 3:35-6:45-9:50 Sat-Sun 12:10-3:35-6:45-9:50 Mon-Wed 7:20-10:15 Thu 10:15
Les Misérables (PG) Fri 3:15-6:35-10:05 Sat-Sun 11:45-3:10-6:35-10:05 Mon-Thu 7:45
Monsters, Inc. 3D (G) Fri 4:35-7:15 Sat-Sun 11:50-2:15-4:35-7:15 Mon-Tue 7:30 Thu 7:30
National Theatre Live: The Magistrate (STC) Thu 7
Parental Guidance (G) Fri-Sun 9:45 Mon-Thu 9:50
Rise of the Guardians (G) Sat-Sun 11:30
Texas Chainsaw 3D (18A) Fri 5:15-7:45-10:10 Sat-Sun 12:15-2:45-5:15-7:45-10:10 Mon-Thu 7:50-10:20
This Is 40 (14A) Fri 4:05-7:10-10:15 Sat 1-4:05-7:10-10:15 Sun 1:50-4:05-7:10-10:15 Mon-Wed 7-10 Thu 7-10:15
Vertigo (G) Sun 12:45 Wed 7
Zero Dark Thirty (14A) No Passes Fri 4-7:25-10:45 No Passes Sat-Sun 12:35-4-7:25-10:45 No Passes Mon-Thu 7-10:20

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

No Films Showing Today (STC) Mon
Sea Rex: Journey to a Prehistoric World 3D (STC) Fri-Sun 12:30-3-7
To the Arctic 3D (G) Fri-Sun 1:45-4:15

Golden Mile
3806 Albert St., 306-359-5250

Alex Cross (PG) Fri-Thu 6:50-9:45
Argo (PG) Fri-Thu 1:15-3:45-6:30-9:30
Brave (G) Fri-Thu 1:25-4
Here Comes the Boom (PG) Fri-Thu 1:10-3:45-6:35-9:20
Hotel Transylvania (G) Fri-Thu 1:35-3:50-6:55-9:35
Ice Age: Continental Drift (G) Fri-Thu 1:30-3:50
Pitch Perfect (PG) Fri-Wed 1:20-3:50-6:40-9:40 Thu 3:50-6:40-9:40 Thu 1
Playing for Keeps (PG) Fri-Thu 6:45-9:25
Red Dawn (PG) Fri-Thu 1:40-4-7-9:50
Taken 2 (PG) Fri-Thu 1:45-4:05-7:05-9:55

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

Antiviral (PG) Thu 7
Barbara (PG) Fri 9 Sat 7 Sun 9
Citadel (STC) Thu 9
Gregory Crewdson: Brief Encounters (STC) Fri 7 Sat 9 Sun 7
No Films Showing Today (STC) Mon-Tue
Wednesday Plus (STC) Wed 7

Arnie makes good on 'I'll be back' vow

The Last Stand. After his turn as the Governator, Schwarzenegger returns to what he does best

Arnold Schwarzenegger likes to beat people to a joke. "First of all, it's great to be back," he says with a grin before anyone gets a chance to adapt his famous catchphrase to his return to movies after an extended stint running the state of California.

And he is back, he insists, starring in The Last Stand as a small-town sheriff going up against an army of mercenaries.

"As you remember, when I got into the governorship in 2003, I said I only would go and run the state for the seven years that were remaining, then I would be back in the movie business," he says.

"So it was just kind of stepping out of the movie business rather than kind of like I'm now going back to the movie business."

Arnold Schwarzenegger stars in The Last Stand, which opens next Friday. HANDOUT

During that time, though, the movie business has changed, a harsh lesson for Schwarzenegger, considered a "contract genius" in his heyday for the deals he could broker for films like Eraser and Terminator 3: Rise of the Machines regardless of their success or failure.

"It's kind of like a scary thing to come back because you don't know if you're accepted or not," he admits.

"I have to also be realistic that I may see something that I may like to do, and I will go and take it to (producer) Lorenzo (di Bonaventura) and he will say, 'Oh, this is fantastic, but I don't think anyone is going to see it.' It's show business. It's the show, it's the acting, it's the performing, it's all of this, but you've got to be able to sell it also because movies cost a lot of money."

In The Last Stand, Schwarzenegger, now 65, is also hoping to get out in front of any wave of jokes about his age.

"You don't want to dwell on it, but to just throw it in, and it takes the curse off then," he says of jokes made at the expense of his advancing years in the film.

"You can make fun of yourself."

NED EHRBAR, MWN

Taylor Swift.

Taylor Swift gets some un-Wanted dating advice

Taylor Swift has recently broken up with One Direction's Harry Styles, so naturally it's time for rival boy band the Wanted to chime in on Swift's love life.

"I think she should stay single for a bit," the Wanted's Jay McGuiness tells E! News. Fellow band member Nathan Sykes agrees, adding that Swift should "write a whole album about (being single.)"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears missing her X Factor while hosting

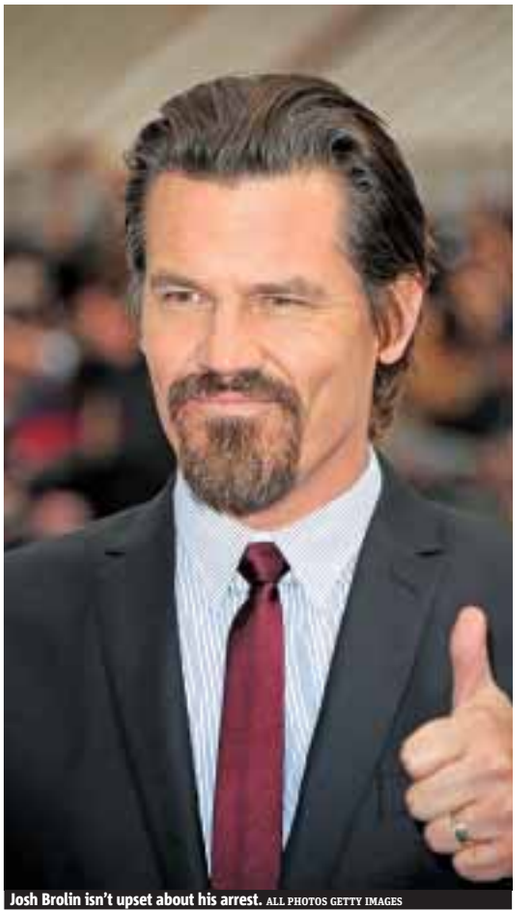
THE WORD
Dorothy Robinson
scene@metronews.ca

After mixed reviews and speculation that the show's producers were planning to oust her, Britney Spears has decided to leave the X Factor after one season, according to Us Weekly.

Spears earned $15 million for her stint as a judge for the singing competition series.

And sources say Simon Cowell and the show's other bosses were less than thrilled by what they got for their money.

Cowell "wanted crazy Britney, but he got boring Britney," a source says.



Josh Brolin isn't upset about his arrest. ALL PHOTOS GETTY IMAGES

Josh Brolin laughs off recent arrest

Josh Brolin is taking his New Year's day arrest for public intoxication in stride.

"New Year's — that's what happened," he says during a visit to Good Morning America. "I'm the one guy who's out there, and they go, 'Hey, there's Josh. Let's grab him.' You know, it was New Year's. It was a pretty innocent thing. It was a fun thing."

If Brolin is upset about anything, it's the grim-faced mugshot that was released from his arrest. "They don't show you the other shot where I turn and have a huge smile on my face," he says. "So you know, whatever."

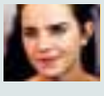
"A fun thing"

"New Year's — that's what happened."

Josh Brolin
Speaking about his recent arrest

Twitter

@tyrabanks
Should I or should I not get my butt up and workout??? I don't wannnnnna!!!!!!!!!!



@EmWatson
Thank you so much to everyone who voted for me and Perks at the People's Choice Awards.It was really such a nice surprise. Thank you!!! :)

@RealMichelleT
When does the "I haven't _____ since LAST year!!" joke get old? #ImStillUsingIt

@HowardStern
Let's clear this up. I love the show girls and the star of the show. Yes, she's heavy but you should see the roll of jello on my belly.

LIFE

Liquid Assets

Bottles to watch in '13

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

This week, I gaze into my crystal goblet to make wine trend predictions for 2013.

Old is new, again: Many of last year's trends will be back in 2013. Look for sweeter reds, semi-sweet white Moscato and mega blends on both the white and red side to continue to dominate.

Malbec is back: Argentina may have the monopoly on the grape, but look for its food friendly personality to invade the shelves of France and non-traditional countries like South Africa.

Aussie Regionality: Down Under will make a play for your palate by focusing attention on its unique regional profiles. Expect McLaren Vale, Yarra Valley, Margaret River and Barossa Valley to take the lead.

Embraceable Iberia: This will be the year for Spain and Portugal. Forget the impossible to pronounce place and grape names; they're all part of the fun.

Oh, Canada: With many provinces relaxing their interprovincial shipping rules, a bottle from a small, cottage winery may be just a mouse click away. Start with Nova Scotia. L'Acadie Vineyards' 2010 Vintage Cuvée ($25.99) is a creamy mouthful of bubbly that, if you close your eyes, will have you thinking you're drinking champagne.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Adding a smoke (salmon) screen to an Italian classic

An unexpected seafood addition.
Manicotti Stuffed with Smoked Salmon and Cheese in a Creamy Tomato Sauce.

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This can be served as a main meal with a side salad or soup, or it can accompany a main dish.

The smoked salmon gives it a sophisticated flair that makes it a good company dish as well as a nutritious family dinner.

You can substitute jumbo pasta shells (8 ounces will yield about 24 shells) for the manicotti, or stuff approximately 12 cannelloni shells.

1. Preheat the oven to 400 F. Spray a 13- by 9-inch baking dish with cooking oil.

Ingredients

- 10 manicotti
- 1 1/4 cups smooth light ricotta cheese
- 1/2 cup shredded light cheddar cheese
- 1/4 cup grated Parmesan cheese
- 2 oz smoked salmon, chopped
- 1/4 cup finely chopped chives or green onion
- 3 tbsp 2% milk
- 1 egg
- pinch salt and freshly ground black pepper
- 1 1/2 cups tomato-based pasta sauce
- 1 tsp dried basil
- 1/2 cup 2% evaporated milk
- 2 tbsp grated mozzarella cheese
- 1/2 cup chopped fresh basil

2. Cook the manicotti in boiling water according to package instructions, or until firm to the bite, approximately 10 minutes. Drain, cover and set aside.

3. Combine the ricotta, cheddar and Parmesan cheeses in a medium mixing bowl. Add the smoked salmon, chives, 3 tbsp milk, egg, salt and pepper. Mix until well combined. Slit the manicotti along one side and open like a book. Divide the cheese mixture among the manicotti. Close the manicotti around the stuffing.

4. Combine the tomato sauce, basil and 1/2 cup milk in a small bowl and mix until smooth. Pour half the mixture in the bottom of the prepared baking dish. Place the stuffed manicotti in the baking dish and pour the remaining sauce over the pasta. Sprinkle with the mozzarella cheese.

5. Cover and bake for 15 minutes, or until hot through. Garnish with the chopped fresh basil before serving.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Risotto gets brown rice makeover

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In saucepan over medhigh heat, combine rice and water. Bring to boil, cover, reduce heat to simmer and cook 20 mins.

2. Remove pan from heat, leaving it covered. Rice will not be completely cooked and there will be some water in pan. Set aside.

3. In skillet over medium-high, heat oil. Add prosciutto and cook until crisp. Use spoon to transfer prosciutto to plate and set aside. Do not wipe out skillet. Return to stovetop over medium-high heat and add rosemary and onion. Sauté until starting to brown, 5 mins.

4. Add Brussels sprouts and apple. Cook 5 mins, then add wine and stir vigorously 2 mins to deglaze pan. Add rice and any liquid in pan. Add chicken broth and stir well. Bring to simmer and cook, stirring frequently to prevent sticking, until liquid has thickened and reduced, about 10 mins. Stir in cornstarch mix, then cook for another minute.

5. Stir in cheese until melted. Season with salt and pepper. Top with prosciutto, then drizzle with balsamic glaze just before serving.

Ingredients

- 1 cup short grain brown rice (or brown sushi rice)
- 2 cups water
- 1/2 tbsp olive oil
- 3 oz prosciutto, chopped
- 1 tbsp minced fresh rosemary
- 1 yellow onion, finely diced
- 1 lb Brussels sprouts, quartered and 1 firm tart apple, peeled and diced
- 1/2 cup white wine
- 1 1/2 cups low-sodium chicken broth, room temperature
- 1/2 tbsp cornstarch mixed with 1 tbsp water
- 1/2 cup grated Parmesan cheese
- Salt and black pepper, to taste
- Purchased balsamic glaze, to serve

THE ASSOCIATED PRESS

Cumin-Dandelion Green Cornbread. Go green

1. Heat the oven to 375 F. Place a 9-by-9-inch metal baking pan or 9-inch cast-iron skillet in the oven to heat.

2. In another skillet over medium-high, heat the oil. Add dandelion greens, cumin and red pepper flakes. Sauté until the stalks are tender and any extra liquid has evaporated, 10 minutes. Drizzle the greens with the lemon juice, toss well, then set aside.

3. In a large bowl, whisk together the flour, cornmeal, baking powder, baking soda, sugar and salt.

4. In another bowl, whisk together the milk, butter and eggs. Mix the wet ingredients into the dry, stirring only enough to moisten the dry ingredients.

5. Gently stir the dandelion greens and corn into the batter. Remove the heated pan from the oven and coat with cooking spray. Spoon the batter into the pan and bake for 30 to 35 minutes, or until golden. Cool in the pan.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 4 cups chopped fresh dandelion greens (about 1/2 bunch)
- 1 tsp whole cumin seeds
- 1/2 tsp red pepper flakes
- Juice of 1 lemon
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup sugar
- 1 tsp salt
- 1 1/3 cups milk
- 4 tbsp (1/2 stick) butter, melted
- 2 large eggs
- 1 cup frozen or canned corn kernels

Best Health

Why celeb cleanses don't work

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, on newsstands now, our regular columnist Dr. Susan Biali outlines why she does not recommend these often celebrity-endorsed weight-loss plans.

1. The "high" from a cleanse is misleading.
While the idea of a cleanse may be appealing, restrictive regimens don't actually clean your body, and they could even starve you of nutrients. Having only a few foods — for example, maple syrup and cayenne pepper — for days at a time is essentially a starvation diet. When we are starved, once the hunger pangs pass we feel euphoric. That euphoria is like a natural anesthetic that protects us from the pain of a starving body. We need real nutrients to survive and thrive.

2. Any weight loss is short-lived.
Cleansing to lose weight is essentially crash dieting. Of course you'll lose weight if you consume very few calories, but this type of dieting can potentially put your health at risk. And remember, rapid weight loss rebounds quickly, so you'll regain the weight as soon as you go back to normal eating.

3. Your body detoxes naturally.
No special smoothie will detoxify your body. Our kidneys and liver are constantly filtering bodily fluids, eliminating toxins and waste products. Fasting may damage these organs.

People spend a lot of money on packaged cleanses. You can do your own healthy detox, which is guaranteed to work without scary consequences, simply by making good food choices. Stay away from processed foods, sugar and even alcohol as much as possible. Eat lots of healthy proteins, good fats and fibre, fruit and vegetables.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Country Chicken Casserole. Comfort eats

1. In a large saucepan, heat 10 ml (2 tsp) of the oil over medium heat. Sauté garlic, leek, carrots, parsnips, mushrooms, 4 ml (3/4 tsp) of the thyme, salt and pepper for 6 minutes or until vegetables are tender-crisp.

2. Whisk flour into milk; gradually stir into saucepan along with broth and mustard. Cook, stirring, 5 minutes or until bubbling and thickened. Remove from heat. Stir in chicken and peas. Spoon into a 2-l (8-cup) baking dish.

3. In a bowl, toss bread with remaining oil and thyme until coated; sprinkle over chicken mixture. Bake in a 220 C (425 F) oven for 12 to 14 minutes or until bread is toasted and sauce is bubbling. THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 20 ml (4 tsp) olive oil, divided
- 3 cloves garlic, minced
- 1 leek (white and light green parts), chopped
- 250 ml (1 cup) each sliced carrots and parsnips
- 250 ml (1 cup) quartered mushrooms
- 6 ml (1 1/4 tsp) dried thyme leaves, divided
- 1 ml (1/4 tsp) each salt and pepper
- 45 ml (3 tbsp) all-purpose flour
- 250 ml (1 cup) 1 per cent milk
- 250 ml (1 cup) sodium-reduced chicken broth
- 10 ml (2 tsp) Dijon mustard
- 500 ml (2 cups) shredded cooked chicken or turkey
- 125 ml (1/2 cup) frozen peas
- 500 ml (2 cups) torn whole-wheat bread pieces

Christmas Tree Depot
December 28 - February 1
Treecycle
• Remove tree from bag or wrap
• Remove any decorations or other materials from tree
• Your tree will be turned into useful landscaping material
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Optimist Arena 222 Sunset Drive
Goulet Golf Course 8045 Kestral Drive
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CFL

Sweed, Bagg back in Rider green

The Saskatchewan Roughriders announced two more re-signings on Thursday. Non-import receiver Rob Bagg and import receiver Limas Sweed will rejoin the team in 2013.

Bagg, who originally signed with the Riders in 2007, appeared in just three games in 2012 due to injury. The 27-year-old has played 52 games over his six seasons with the Riders and was the 2009 nominee as most outstanding Canadian.

Sweed signed with the Riders in October. Previously, the Navasota, Texas, native played three seasons with the Pittsburgh Steelers and was a member of the 2009 Super Bowl championship team. **METRO**

WHL

Pats send Mayor to Hitmen ahead of deadline

The Regina Pats shipped forward Colten Mayor to the Calgary Hitmen for forward Carson Samoridny and a fourth-round draft pick ahead of Thursday's WHL trade deadline.

The Brandon Wheat Kings made a big splash in dealing leading scorer Alessio Bertaggia and Calgary Flames prospect Michael Ferland.

Bertaggia, a 19-year-old undrafted forward from Switzerland, was dealt to Spokane for forward Marek Kalus, 16-year-old prospect Rhett Gardner, a third-round pick and a fifth-round pick.

Ferland was shipped to the Saskatoon Blades for a first-round pick in this year's draft. The 20-year-old has played just four games in the WHL so far this season.

THE CANADIAN PRESS

Los Angeles Kings goalie Kelly Hrudey dives to make a save against the Boston Bruins in Inglewood, Calif., on Feb. 17, 1992. Hrudey and the 1995 Kings had a rough lockout-shortened season. GETTY IMAGES FILE

Intensity amped up in shortened season

NHL. Increased urgency could be overwhelming, say those who went through 1995 campaign

Quoted

"A 5-0 start could be golden and an 0-5 start could be deadly." Nashville Predators GM David Poile

Kelly Hrudey was not accustomed to being pulled into his coach's office for a chat after the first game of the regular season. But this wasn't a normal season.

The Los Angeles Kings goaltender could probably have been excused for showing a little rust when play resumed in January 1995 after an extended lockout and an abbreviated training camp. After all, it was essentially his first meaningful game in eight months when the Toronto Maple Leafs visited the Kings at the Great Western Forum on opening night.

"We tied 3-3 and I had let in a really bad goal," Hrudey recalled in a recent interview. "I remember (coach) Barry Melrose said, 'We just can't have that in this season because it's so short and we can't give you two weeks to get ready.'

"I remember that part about it, there was a real sense of urgency which you don't normally have for a season."

The 48-game schedule was crammed into 104 days that year and saw NHL teams play only opponents within their own conference. There had never been anything like it before. And it proved to be a pretty wild ride.

Like many coaches who currently find themselves preparing for the start of training camps on Sunday and a Jan. 19 puck drop, Melrose felt he had done everything he possibly could to hit the ground running when the lockout ended.

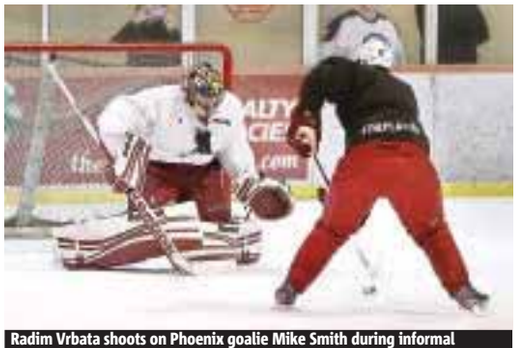
Once the deal was finally signed, he was instead hit with a reality check.

"All of a sudden when it happened everything just accelerated, just blew up," said Melrose. "You went from nothing to knowing you had to start the season in 10 days. We'd been preparing for a long time but we were not really prepared.

"Things happened very quickly."

Melrose didn't finish the season behind the Kings bench. He was replaced by Rogie Vachon with just seven games to play and Los Angeles floundering in the standings at 13-21-7. **THE CANADIAN PRESS**

Will Phoenix fans desert once cool Coyotes?



Radim Vrbata shoots on Phoenix goalie Mike Smith during informal workouts in Glendale, Ariz., in December. CHRISTIAN PETERSEN/GETTY IMAGES FILE

The Phoenix Coyotes made hockey cool in the desert again with their run to the Western Conference finals last season, invigorating a blasé fan base with a blue-collar mentality and unprecedented playoff push.

The emergence of Greg Jamison as a potential owner who could end three years of instability fuelled the momentum as the Coyotes headed into the off-season.

The NHL lockout brought everything to a halt.

With months of get-nowhere negotiations, all the cachet the Coyotes had built up is gone.

Quoted

"It makes you sick to your stomach when you think about it."

Phoenix goalie Mike Smith on losing the fans during the lockout.

Hockey again had become an afterthought in the Valley of the Sun, the memory of an exciting time faded.

Now that it's game on again, the Coyotes are hoping to find a way to get their mojo back.

"The games are going to be exciting and I think that's where we'll get our fans back," Coyotes general manager Don Maloney said Thursday from Jobing.com Arena.

Long an afterthought in the crowded Phoenix sports market, the Coyotes ignited their fan base — and added to it — with their playoff push last season.

Playing a gritty style of hockey with a team-first approach, the desert dogs got their bandwagon rolling downhill with a fantastic February — 23 of a possible 24 points — that led to the franchise's first division title in 33 years of NHL existence. **THE ASSOCIATED PRESS**

4 SPORTS

NFL. Study says Seau had brain disease when he committed suicide

When he ended his life last year by shooting himself in the chest, Junior Seau had a degenerative brain disease often linked with repeated blows to the head.

Researchers from the National Institutes of Health said Thursday the former NFL star's abnormalities are consistent with chronic traumatic encephalopathy, or CTE.

The hard-hitting linebacker played for 20 NFL seasons with San Diego, Miami and New England before retiring in 2009. He died at age 43 of a self-inflicted gunshot in May, and his family requested the analysis of his brain.

"It was important to us to get to the bottom of this, the truth," his ex-wife Gina Seau said. "And now that it has been conclusively determined from every expert that he had obviously had CTE, we just hope it is taken more seriously."

THE ASSOCIATED PRESS

Lawsuits

The NFL faces lawsuits by thousands of former players who say the league withheld information on the harmful effects of concussions.

NFL

No hometown love for Tebow

Tim Tebow won't be playing for his hometown team.

The Jacksonville Jaguars made it clear Thursday that they have no plans to pursue the popular and polarizing New York Jets backup quarterback.

The Jets are likely to release the 2007 Heisman Trophy winner and Jacksonville native during the off-season.

"I can't imagine a scenario in which he'll be a Jacksonville Jaguar — even if he's released," new general manager David Caldwell said at his introductory news conference.

THE ASSOCIATED PRESS

Rodgers facing 49ers team that passed him up in draft

Quarterback Aaron Rodgers of the Green Bay Packers throws the ball against the Minnesota Vikings on Jan. 5 in Green Bay, Wis. Rodgers is returning to Northern California, where he became a college star. ANDY LYONS/GETTY IMAGES

NFL. Packers QB finally gets to play a meaningful game at stadium where he used to root for 49ers

The anxiety-filled green room and draft day seem so long ago now to Aaron Rodgers.

Still, this weekend, any lingering feelings of frustration about how far he dropped will be directed at the team that passed him up with the No. 1 pick nearly eight years ago.

Rodgers brings the high-scoring Green Bay Packers (12-5) to Candlestick Park on Saturday to face No. 2 seed San Francisco (11-4-1) in prime time for a place in the NFC championship game. He'll take the field in the very venue where he became a regular fan as a boy rooting for Hall of Famers Jerry Rice and Steve Young.

Rodgers will look to avenge a 30-22 season-opening home loss to the 49ers.

"It will be fun. I went to a few baseball games there growing up, and saw a game there when I was in college," Rodgers said. "Stadium's got a lot of tradition. Looks like we're kind of fortunate with the weather right now. Still wonder what that's going to be like."

Rodgers returns to Northern California, where he became a college star for California across San Francisco Bay in Berkeley, with a healthy cast of receivers and the swagger of a Super Bowl champion.

When Rodgers dropped to No. 24 in the 2005 draft after Alex Smith went No. 1, he was asked about his disappointment. He matter-of-factly said, "Not as disappointed as the 49ers will be that they didn't draft me."

Now, everybody in the Bay Area and beyond will be watching his every move again.

Even San Francisco's opportunistic, ball-hawking defence realizes just how hard it will be to rattle Rodgers or get him off his game. He hasn't thrown an interception in five straight games and 177 passes.

THE ASSOCIATED PRESS

Texans, Pats try to forget last meeting

NFL. Neither team wants to talk about New England's 42-14 rout of Houston

Vince Wilfork was a champion as a rookie with the New England Patriots. So, he wondered, how hard could it be to win the Super Bowl every year?

After the past seven seasons without another title, he has his answer.

"Winning one early in my career, you kind of get the sense that it happens like this all the time, but it doesn't," the defensive tackle said. "It's very, very hard to win at this level, at any level."

His college teammate at Miami, Andre Johnson, never reached the playoffs in his first eight seasons with the Houston Texans. He finally got there last year. On Sunday, he faces Wilfork and the Patriots in a divisional-round game.

Texans defensive end J.J. Watt. GETTY IMAGES

"It means a lot," the wide receiver said. "It makes you appreciate all the tough times you went through to get to this point."

The Patriots (12-4) have a rich tradition of three titles in four years before the current championship drought. They won nine of their last 10 games, are coming off a bye and are heavily favoured, having routed Houston 42-14 on Dec. 10.

The Texans (13-4) have a poor history with just two post-season wins in 11 years of existence. They lost three of their last four regular-season games, then edged the Cincinnati Bengals 19-13 last Saturday in the wild-card round.

Those differences aside, both teams are hungry to keep the season going — all the way to a Super Bowl triumph.

The past — that 28-point romp last month — has no bearing on the rematch, coaches and players from both teams insist.

Texans defensive end J.J. Watt is tired of all the talk about that beating his team took.

"Obviously, we didn't play good last time we were up there," he said. "I don't think we need to keep rehashing it. I think we just need to play our style of football."

Brady's next post-season win will be his 17th, breaking a tie with Joe Montana for the most by any quarterback. He'll get a boost from having tight ends Rob Gronkowski, sidelined for the first game against Houston, and Aaron Hernandez on the field together for only the sixth time this season after both dealt with injuries.

THE ASSOCIATED PRESS

Quoted

"I think it's a bunch of garbage. The game will have its own elements and it will write its own story." **Patriots coach Bill Belichick** on the significance of the Patriots' decisive win over the Texans in December.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	23	10	.697	—
d-New York	23	11	.676	½
d-Indiana	21	14	.600	3
Atlanta	20	14	.588	3½
Chicago	19	14	.576	4
Brooklyn	20	15	.571	4
Milwaukee	18	16	.529	5½
Boston	18	17	.514	6
Philadelphia	15	22	.405	10
Toronto	13	22	.371	11
Detroit	13	23	.361	11½
Orlando	12	23	.343	12
Charlotte	9	25	.265	14½
Cleveland	9	28	.243	16
Washington	5	28	.152	18

WESTERN CONFERENCE

	W	L	Pct	GB
d-L.A. Clippers	28	8	.778	—
d-Oklahoma City	27	8	.771	½
d-San Antonio	28	10	.737	1
Memphis	23	10	.697	3½
Golden State	22	12	.647	5
Houston	21	15	.583	7
Denver	21	16	.568	7½
Portland	19	15	.559	8
Utah	19	18	.514	9½
Minnesota	16	16	.500	10
L.A. Lakers	15	20	.429	12½
Sacramento	13	22	.371	14½
Dallas	13	23	.361	15
Phoenix	12	25	.324	16½
New Orleans	10	25	.286	17½

Thursday's results
New York at Indiana
Dallas at Sacramento
Miami at Portland
Wednesday's results
Utah 112 Charlotte 102
Cleveland 99 Atlanta 83
Toronto 90 Philadelphia 72
Boston 87 Phoenix 79
San Antonio 108 L.A. Lakers 105
Milwaukee 104 Chicago 96
Oklahoma City 106 Minnesota 84
New Orleans 88 Houston 79
Denver 108 Orlando 105
L.A. Clippers 99 Dallas 93
Memphis 94 Golden State 87
Friday's games
Charlotte at Toronto, 7 p.m.
Houston at Boston, 7:30 p.m.
Phoenix at Brooklyn, 7:30 p.m.
Utah at Atlanta, 7:30 p.m.
Chicago at New York, 8 p.m.
Minnesota at New Orleans, 8 p.m.
San Antonio at Memphis, 8 p.m.
Detroit at Milwaukee, 8:30 p.m.
Cleveland at Denver, 9 p.m.
Oklahoma City at L.A. Lakers, 10:30 p.m.
Portland at Golden State, 10:30 p.m.

AHL

Thursday's result
Lake Erie at San Antonio.
Wednesday's results
Syracuse 5 Rochester 3
Binghamton 3 W-B/Scranton 1
Grand Rapids 6 Rockford 3
Friday's games
All Times Eastern
Toronto at St. John's, 6 p.m.
Albany at Manchester, 7 p.m.
Adirondack at Binghamton, 7:05 p.m.
Bridgeport at Providence, 7:05 p.m.
Hershey at W-B/Scranton, 7:05 p.m.
Hamilton at Rochester, 7:05 p.m.
Springfield at Worcester, 7:30 p.m.
Norfolk at Syracuse, 7:30 p.m.
Charlotte at Oklahoma City, 8 p.m.
Milwaukee at Peoria, 8:05 p.m.
Grand Rapids at Rockford, 8:05 p.m.
Lake Erie at San Antonio, 8:30 p.m.
Houston at Texas, 8:30 p.m.
Chicago at Abbotsford, 10 p.m.

NFL

PLAYOFFS

DIVISIONAL PLAYOFFS
Saturday's games — All Times Eastern
AFC — Baltimore at Denver, 4:30 p.m.
NFC — Green Bay at San Francisco, 8 p.m.
Sunday's games
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.
CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC and NFC (Dates and Times TBD)
SUPER BOWL
Sunday, Feb. 3 — At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

SOCCER

SPAIN

COPA DEL REY

Second Leg
Thursday's results
Atletico Madrid 0, Getafe 0, Atletico Madrid advances on 3-0 aggregate
Barcelona 5, Cordoba 0, Barcelona advances on 7-0 aggregate
Real Betis 1, Las Palmas 0, Real Betis advances on 2-1 aggregate

TENNIS

ATP WORLD TOUR HEINEKEN OPEN

At Auckland, New Zealand
Thursday's results
Singles
Quarter-finals
Philipp Kohlschreiber (2), Germany, def. Xavier Malisse, Belgium, 7-6 (6), 6-4.
Sam Querrey (4), United States, def. **Jesse Levine, Canada**, 6-4, 7-6 (5).
David Ferrer (1), Spain, def. Lukas Lacko, Slovakia, 6-2, 6-1.
Gael Monfils, France, def. Tommy Haas (3), Germany, 3-6, 7-5, 6-3.
Doubles
Quarter-finals
Colin Fleming, Britain, and Bruno Soares (1), Brazil, def. Benjamin Becker, Germany, and Jurgen Melzer, Austria, 6-3, 6-4.
Johan Brunstrom, Sweden, and Frederik Nielsen, Denmark, def. Jerzy Janowicz, Poland, and Albert Ramos, Spain, 6-2, 6-4.
Frantisek Cermak, Czech Republic, and Michal Mertinak, Slovakia, def. Xavier Malisse, Belgium, and Frank Moser, Germany, walkover.

APIA INTERNATIONAL

At Sydney, Australia
(seedings in parentheses):
Men's Singles
Quarter-finals
Andreas Seppi (3), Italy, def. Marcel Granollers (8), Spain, 6-4, 7-5.
Julien Benneteau, France, def. Ryan Harrison, United States, 6-4, 6-2.
Kevin Anderson, South Africa, def. Denis Istomin, Uzbekistan, 6-4, 6-3.
Bernard Tomic, Australia, def. Jarkko Nieminen, Finland, 6-7 (6), 6-4, 6-2.
Women's Singles
Semifinals
Agnieszka Radwanska (1), Poland, def. Li Na (4), China, 6-3, 6-4.
Dominika Cibulkova, Slovakia, def. Angelique Kerber (2), Germany, 6-2, 4-6, 6-3.
Men's Doubles
Quarter-finals
Max Mirnyi, Belarus, and Horia Tecau (4), Romania, def. Mahesh Bhupathi, India, and **Daniel Nestor, Canada**, 6-3, 6-4.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Today's new moon urges you to make the most of an opportunity of some kind. Being the ambitious sort you want to move up in the world, so let the powers that be know what you can do — by doing it.

♉ Taurus
April 21 - May 21
At some stage today, you will realize that life is both more complicated and more simple than you have up until now imagined. What matters though is that you are thinking for yourself. So few people ever do.

♊ Gemini
May 22 - June 21
The new moon will give you a pointer as to what you should be doing and who you should be doing it with. It also suggests that you could make some serious money, but only as part of a team.

♋ Cancer
June 22 - July 23
You can now see with the utmost clarity what needs to be done to restore a relationship to its former glory. Don't let what went before get in the way of what needs to be done right now.

♌ Leo
July 24 - Aug. 23
You run the risk of getting bogged down by details that could and should be left until another day, if not ignored altogether. Focus on essentials only, such as getting ahead in your career and making a fortune.

♍ Virgo
Aug. 24 - Sept. 23
There is nothing you cannot do if you put your mind to it. Today's new moon in Capricorn will give you the confidence you need to embark on a new adventure, something you have wanted to do for years.

♎ Libra
Sept. 24 - Oct. 23
Use whatever information comes your way today to your advantage. Most likely you will learn something about a social rival or work associate that they don't want you to know. At last you've got some leverage!

♏ Scorpio
Oct. 24 - Nov. 22
The more you talk things through with partners and colleagues today, the more they and you will understand that your interests are one and the same. Communication is the key to success — and lasting friendship.

♐ Sagittarius
Nov. 23 - Dec. 21
Follow your instincts today, especially where money matters and business deals are concerned. No matter what the facts and figures may say if you sense that something is not quite right you must hold back.

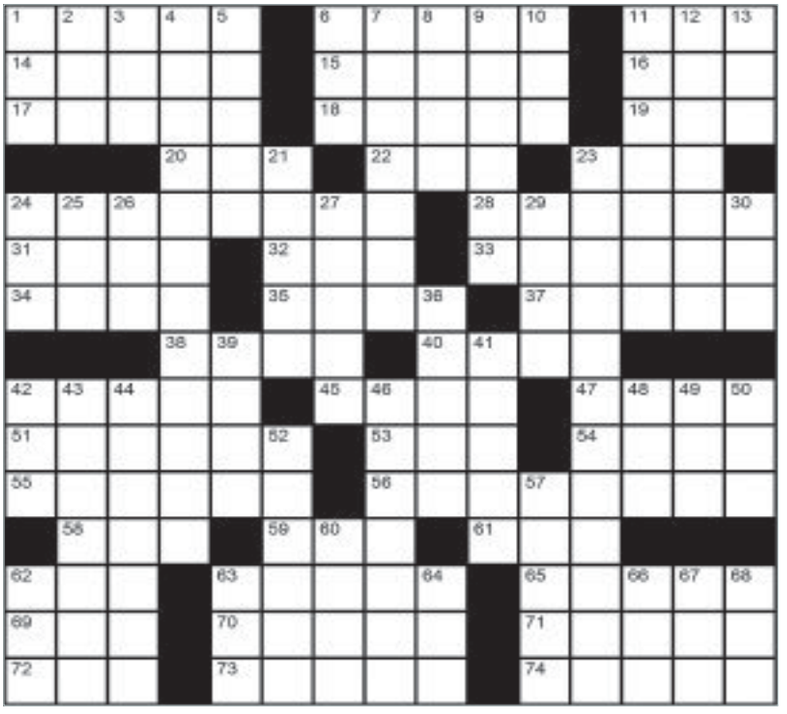
♑ Capricorn
Dec. 22 - Jan. 20
What would you do if you knew you could not fail? So why are you not doing it now? A new moon in your sign makes this the ideal day to follow your dream, no matter how outrageous it may be.

♒ Aquarius
Jan. 21 - Feb. 19
What you need to convince yourself of today is that your fear is based on an illusion caused by your determination to always seem to be in control. Let fate guide you over the next 24 hours. You'll enjoy the results.

♓ Pisces
Feb. 20 - March 20
Today's new moon suggests you are about to make new friends, and what these new friends have to tell you will get you thinking in interesting ways. You don't know it all – at least not yet. SALLY BROMPTON

Crossword: Canada Across and Down

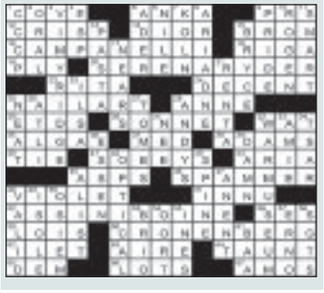
BY KELLY ANN BUCHANAN



Across
1. "Gangster __" (2013), new movie starring #46-Down
6. Prince William's sister-in-law
11. Mr. DiCaprio, to pals
14. "FairyTale: _ __ Story" (1997)
15. "_ __ business!"
16. __ Darya (Asian river)
17. Canadian rock group
18. Wheat type
19. Where, in Latin
20. Pull
22. Intro-to-nickname letters
23. Monk's title
24. To Ontario's left on a map, The __
28. Doves
31. Country's Brooks & __
32. "__. Doubtfire" (1993)
33. "Aha!"
34. On
35. Thompson Twins tune
37. Gumption
38. Ear-related
40. Opposing
42. Madeleine of ABC's "Revenge"
45. Prefix to 'culture'
47. Film set job
51. Lay things __: 2 wds.
53. Acorned tree
54. Comfy spot
55. Ancient military city
56. The __ Channel
58. Elevs.
59. Singer Mr. Bachman
61. Pres. Ford's Vice-Pres.
62. Universal ideal
63. Mr. B. DeMille
65. Burlesque Queen, Dita Von __
69. Bering, e.g.
70. Air conditioners company
71. Debated topic
72. "Gangnam Style" guy
73. Hippie's salute
74. Piano legend Mr. Peterson

Down
1. Tree treat
2. CFL game period, for short
3. Spoonbender Mr. Geller
4. Mike Myers character: 2 wds.
5. Take†exception to
6. TV's Magnum, et al.
7. Deadlock
8. Glance
9. Buckingham __
10. Picnic invader
11. Prime Minister Harper's wife
12. Begins a cruise
13. Montreal affirmative
21. John Rhys-Davies' part in 'Lord of the Rings' flicks
23. Association the Golden Globe Awards, The Hollywood __: 2 wds.
24. Celeb couple's caught-by-paps moment
25. Groove
26. Year: Spanish
27. Susan's role from "All My Children"
29. Dethrone
30. Freelancer's encl. to an editor
36. Ms. McLachlan
39. Check
41. Camera company
42. Roads, for short
43. Magicians' costumes parts: 2 wds.
44. Speech-giver's skill
46. Canadian actor Ryan
48. Louis XIV, par exemple
49. Lithium-__ battery
50. Canada Post delivery, e.g.
52. McCain tidbits, Tasti __
57. "__ Lanterns" by Kim Mitchell
60. Health food berry
62. Cup o' Earl Grey stirrer
63. CBC rival
64. "Dancing with the Stars" judge Mr. Goodman
66. Computer keyboard key
67. "Dalla __ Pace": Aria in Mozart opera Don Giovanni
68. Suffix with 'Musket'

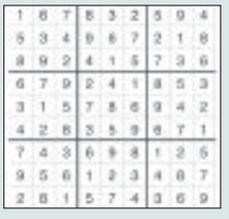
Yesterday's Crossword

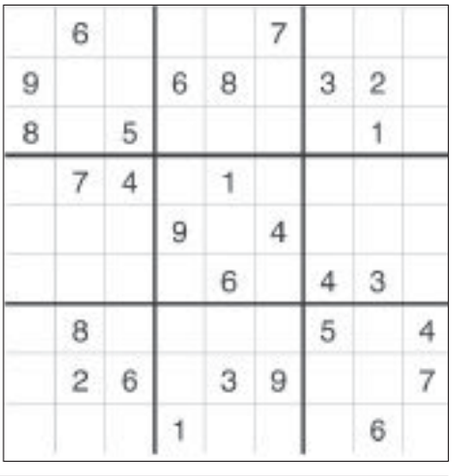


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku





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